



KOKKOLA 18.5.2018 CITYRUN

Liikunnan juhlaa jo vuodesta 2007

UUTISKIRJE 2/2018

- Lots of benefits
- KP discount card
- EasyFit Kokkola and Kepli cooperate



Linkit

www.kokkolacityrun.fi
www.facebook.com/KokkolaCityRun
www.kepli.fi
www.kepli.ingo.fi

SIGN UP NOW! PAYING THE PARTICIPATION FEE YOU WILL GET LOTS OF BENEFITS!

During 19.2. - 31.3. participation fee is 45 euros. Sign up now kepli.ingo.fi.

Kokkola City Run participation fee includes following things

- right to participate to the most popular sport event in our area
- services on the route (water, Dexal – sports drink and wet sponges if it is hot weather)
- official measured route (10 km and 21 km), electric timing- and real-time scores
- technical running shirt and participants guide
- cloakroom
- first aid on the route and after the finish line
- Ice Power cold treatment and ja beverage point after the finish line
- Dexal energy smoothie
- product samples
- after the run by showing the number label you have a possibility to go sauna and swimming to swimming center Vesiveijari
- by showing the number label on Intersport Kokkola, you will have 20% discount from one purchase, which includes shoes or clothes. Discount is valid for end of May.
- by showing the number label you will have discounts from some restaurants during the event day (more info later on)
- prizes for the best three on the series with timing (M/W)
- lottery among the participants (more info later on)

KP DISCOUNT CARD

If you have ordered Keskipohjanmaa newspaper, you will have a five euros discount from the City Run participation fee.

The discount is not valid for the groups. When you sign in remember choose the spot "Keskipohjanmaa kestotilaaajan etu" and remember also inform the discount card number.



KOKKOLA CITY RUN AND EASYFIT KOKKOLA COOPERATE



EasyFit Kokkola and Kepli have made cooperation agreement. EasyFit has been part of the KCR before example by taking care of the warm up. Now the cooperation has taken to completely new level. The cooperation between Kepli and Easyfit is natural because both parties share a common aim. The aim is to increase the movement and encourage people to have sportier lifestyle, tells Kepli's event manager Minna Saarela.

EasyFit Kokkolas entrepreneur Anton Isaksson has developed activity challenge for firms. The aim is to activate the whole work community to move. It isn't hard to participate. All the activities will be registered by application which has been loaded to your smartphone. You can make the registration by computer also. If you use activity tracker, you can synchronize it directly to the challenge. You can create teams, which will compete against each other by collecting activity points. The amount of points depends on power of the exercise and the duration. That way the result is realistic. Real-time follow up and the easy use for the challenge will motivate everyone to increase the activity. The aim as a whole is high, but still reachable, tells Anton. The challenge will have a positive effect on sick leaves and will increase the good spirit at the workplace. In the long run, the challenge can have a positive effect on the state of the Finland's economy.

Keplis staff will get the challenge for test use. Easy Fit customer will have a five euros discount from the KCR participation fee. More info about the KCR you can get by phoning to Minna Saarela. 0440 916 074 or by mail minna.saarela@kepli.fi. From the challenge and other Easy Fits services, you can inquire by mail anton.isaksson@easyfit.fi.